

# WYA MENTOR NEWSLETTER

## Welcome to Week 6!!

This past week has been filled with a lot of new things for your cadets. They received their first weekly progress report, have been visited by cadre at least once, are working on their academic classes, participating in PT every morning, learning about gratitude and work ethics with our counselors, and have begun discussions about their post residential goals with their case managers. Needless to say, they have been busy! Here are some more photos from visits by cadre:



## Mentoring from a Distance

Thanks to COVID, we are all being forced to change our personal routines and how we go about our everyday lives. Social distancing is the new norm: masks are worn when it's time to go grocery shopping, families of more than 5 must dine out at different tables, and face-to-face communication with members outside immediate family has been reduced drastically. How can this new norm affect mentoring? It requires a different mindset. Communication styles need to adapt so both the mentor and mentee feel comfortable in how those connections are made. Focus on the small stuff. Quick text conversations may be what your cadet needs instead of meet ups. These are stressful times right now, and your cadet may be feeling more overwhelmed than you, or even they, realize. Simple check-ins questions like how they are handling e-learning, ask what they thought about last weekend's Seahawks game, or sending tips on how to manage increasing stress, may be what they need right now. Small connections now may lead to stronger relationships during Post Residential times.

## Today's TIDBITS

To learn more about Mentoring from a distance, check out the following link:

**This is how mentorships relationships should adapt to the pandemic**

<https://www.fastcompany.com/90550374/this-is-how-mentorship-relationships-should-adapt-to-the-pandemic>

